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Blog

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4 Women's Foot Care Tips

Last year, Stephanie Wu, DPM, MSc, FACFAS, dean of Dr. William Scholl College of Podiatric Medicine, became the first woman podiatric physician inducted into the Podiatry Hall of Fame. Elected by her peers nationwide, Dr. Wu was awarded the Podiatry Management magazine's Lifetime Achievement Award for her cutting-edge work in treating diabetic wounds and limb preservation. March is Women's History Month and a good time to honor Dr. Wu and to offer some tips on promoting healthy feet for women. These four tips will help all women walk their paths successfully!

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History Foot Note

Lucky Feet

The rabbit's foot, in most English-speaking countries and especially the United States and Great Britain, is considered a good luck charm. For the rabbit's foot to be effective, however, it must be carried on one's person.

Folklore often suggests that the left pocket is the best place to carry the left foot of a rabbit, but it is also common for them to be carried around the neck or in a pocketbook. Most rabbit foot owners are content with simply keeping it nearby.

Thanks to the ease in creating inexpensive and abundant imitations, they have proven to be quite common. However, genuine rabbit's feet are still prevalent, and many animal rights activists encourage this tradition to die out.

Flirtatious Feet

Did you know you can flirt with your feet? A UK study covered in the Telegraph found that when a woman is attracted to a man, she's likely to move her feet away from her body, in a more open stance. Signs she's not interested? Sitting cross-legged or with her feet tucked under her body.

And while men don't display attraction through their foot position, they also send emotional signals with their feet. Study author Geoffrey Beattie, PhD, found that men tend to move their feet more when they're nervous, while jittery women keep their feet still.

1. **Choose shoes wisely**—the vast majority of podiatric problems that women suffer from more than men are related to footwear choices. Spending prolonged time in high heels with narrow, pointy toe boxes can lead to toe deformities such as bunions and hammertoes. The pressure to the forefoot caused by forcing the foot forward can also lead to neuromas and sesamoiditis. Fashion boots can be another cause of foot pain because many of them do not have good arch support which can cause heel pain. The bottom line: be sure you are wearing shoes that fit, are well made, and provide the support and cushioning your feet need.
2. **Limit time in pantyhose**—wearing tight hose for extended periods can impede your circulation. It also tends to squeeze toes together which can increase the risk of ingrown toenails. Your feet also perspire more in pantyhose and this can create an environment where fungal infections like athlete's foot and fungal toenails flourish.
3. **Get enough calcium**—bone strength is a key component of foot health—especially since nearly 25% of the bones in your body are found in your feet. If the obvious sources of dairy products like milk, yogurt and cheese don't appeal to you, consider adding more dark leafy greens, canned salmon and sardines, almonds, and lentils to your menus.
4. **Inspect feet regularly**—perhaps the best way to ensure good podiatric health is to pay attention to your feet and examine them daily. Changes in skin color, growths or bumps, bruises, swelling or cuts that seem slow to heal may all indicate a potential foot problem developing. Most disorders are more easily and quickly treated in their early stages, so report anything unusual to your podiatrist promptly.

**Pueblo Ankle and Foot Care Guarantee:
We will see any emergency foot and
ankle condition same day**

What You Eat Affects Your Feet

March is also National Nutrition Month and there's a clear relationship between your diet and your podiatric health. One of the most important ways is by how your food choices help you achieve or maintain an appropriate weight. Your feet must carry the weight of your entire body and extra pounds put extra strain on your knees, feet, and ankles. For every pound you gain or lose you increase or decrease the pressure on your knees by up to 4 pounds. That shows that even losing a small amount of weight can significantly improve your lower extremity health.



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....continued from page 2 **What You Eat Affects....**

Many patients are defeated before they even get started when considering a radical diet plan. The trick is to make small but significant changes and continue to improve your eating habits gradually but steadily. Below are some tips from the Academy of Dietetics and Nutrition:

- **Learn what your body needs.** If you are unsure of the number of calories or the types of foods you should eat, consult your physician or a registered dietician to learn about what your body needs. Nutritional needs change based on your age, sex, and level of physical activity.
- **Eat a wide variety of foods from healthful food groups.** Aiming to include a rainbow of fruits and vegetables and a variety of lean sources of protein and low-fat dairy products will ensure you get all the nutrients you need.
- **Learn to read labels.** By law, the packaged foods you buy will have the nutrition information displayed on the label. You can learn the amount of sugar, fat, sodium, and other nutritional data about foods that can help you make better choices. By comparing labels, you will see that even the same product—tomato sauce, for example—may have varying amounts of sugar depending on the brand you pick.
- **Drink plenty of water.** This will help you feel full and keep you hydrated.
- **Change your plate size.** Simply downsizing your plate will automatically reduce portion size. Try to avoid going back for seconds.

Making the effort to attain an appropriate weight will not only help your feet; it will improve the health of your entire body by reducing your risk of diabetes, heart disease, hypertension, and other diseases.

Foot Funnies



Q: Why do leprechauns hate running?

A: They'd rather jig than jog!

Trivia

The Ides of March is a famous day. What day is it?

- A. 3rd
- B. 5th
- C. 15th
- D. 31st

Answer: C

Video of the Month Inflammation in your feet





Recipe of the Month

Crispy Baked Fish Tacos

This recipe is made with delicious panko-crusted fish, zesty cilantro-lime slaw, a super-simple chipotle crema, and whatever other favorite toppings you love most.

To Make the Chipotle Crema:

- 1/2 cup plain Greek yogurt (or mayo)
- 1 chipotle chile in adobo sauce
- 1 tablespoon lime juice
- 1/4 teaspoon fine sea salt

To Make the Cilantro Lime Slaw

- 1 cup plain Greek yogurt
- 1/2 cup tightly packed fresh cilantro
- 1/4 cup freshly squeezed lime juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper
- 3 green onions (just the green parts)
- 2 garlic cloves
- (optional) 1 jalapeño or serrano pepper, stemmed and cored
- 1 (14-ounce) bag cole slaw mix (about 7–8 cups)



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To Make the Fish:

- 1 cup panko breadcrumbs
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon fine sea salt
- 1/2 teaspoon freshly cracked black pepper
- 1 egg, whisked
- 1 1/2 pounds firm white fish, such as cod or halibut, cut into 2-inch pieces

To Assemble the Tacos:

- 12 corn or flour tortillas, warmed
- 2 fresh avocados, peeled, pitted, and sliced
- 1 batch Cilantro Lime Slaw
- Optional toppings: chopped fresh cilantro, sliced jalapeños, crumbled queso fresco, sliced radishes, sliced red onions, etc.

INSTRUCTIONS

To Make the Chipotle Crema:

1. Combine all ingredients in a blender and puree until smooth. Set aside until ready to use.

To Make the Cilantro Lime Slaw:

1. Combine the Greek yogurt, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic, and jalapeño (if using) in a blender or food processor. Pulse briefly a few times until the mixture is combined.
2. Place the cole slaw mix in a large mixing bowl. Drizzle the sauce on top of the cole slaw, then toss until the mixture is evenly combined. Season with extra pepper and/or lime juice if needed.
3. Serve immediately or cover and refrigerate for up to 24 hours.

To Make the Fish:

1. Heat oven to 375°F. Spread the panko out in an even layer on a medium baking sheet. Bake for 5-7 minutes, giving the pan a gentle shake halfway through, until the panko is toasted and golden brown. (Keep a close eye on the panko so that it does not burn.) Transfer the panko to a medium bowl, and dust off the baking sheet for future use.
2. Add chili powder, garlic powder, cumin, salt, pepper to the bowl with the panko, then whisk the mixture until combined.
3. Now, set up an assembly line with the (1) fish, (2) whisked egg, (3) panko mixture and (4) parchment-covered baking sheet. Using your right hand, dip a piece of fish in the egg so that it is coated on all sides. Then, using your left hand, transfer the fish to the panko mixture and gently press it on so that the fish is coated on all sides. Using your left hand, transfer the fish to the baking sheet. Then repeat the process with the remaining fish.
4. Bake the fish for 10 minutes, or until it is cooked through and opaque and flakes easily with a fork. (Internal temperature should be 145°F.) Transfer baking sheet to a wire rack, then use a fork to roughly flake the fish into smaller pieces.

To Assemble the Tacos:

1. Fill a tortilla with a few spoonfuls of the slaw, followed by the fish, and any desired toppings. Drizzle with the chipotle crema and serve immediately.

Recipe courtesy of gimmesomeoven.com



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